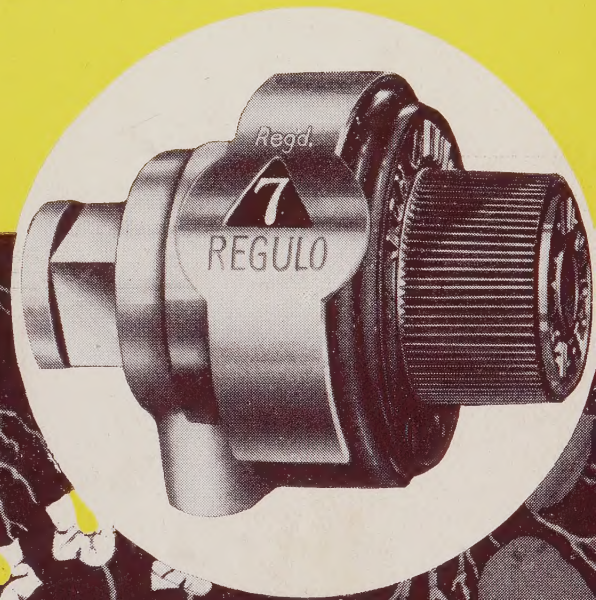


Potato recipes Regulo for the



Radiation

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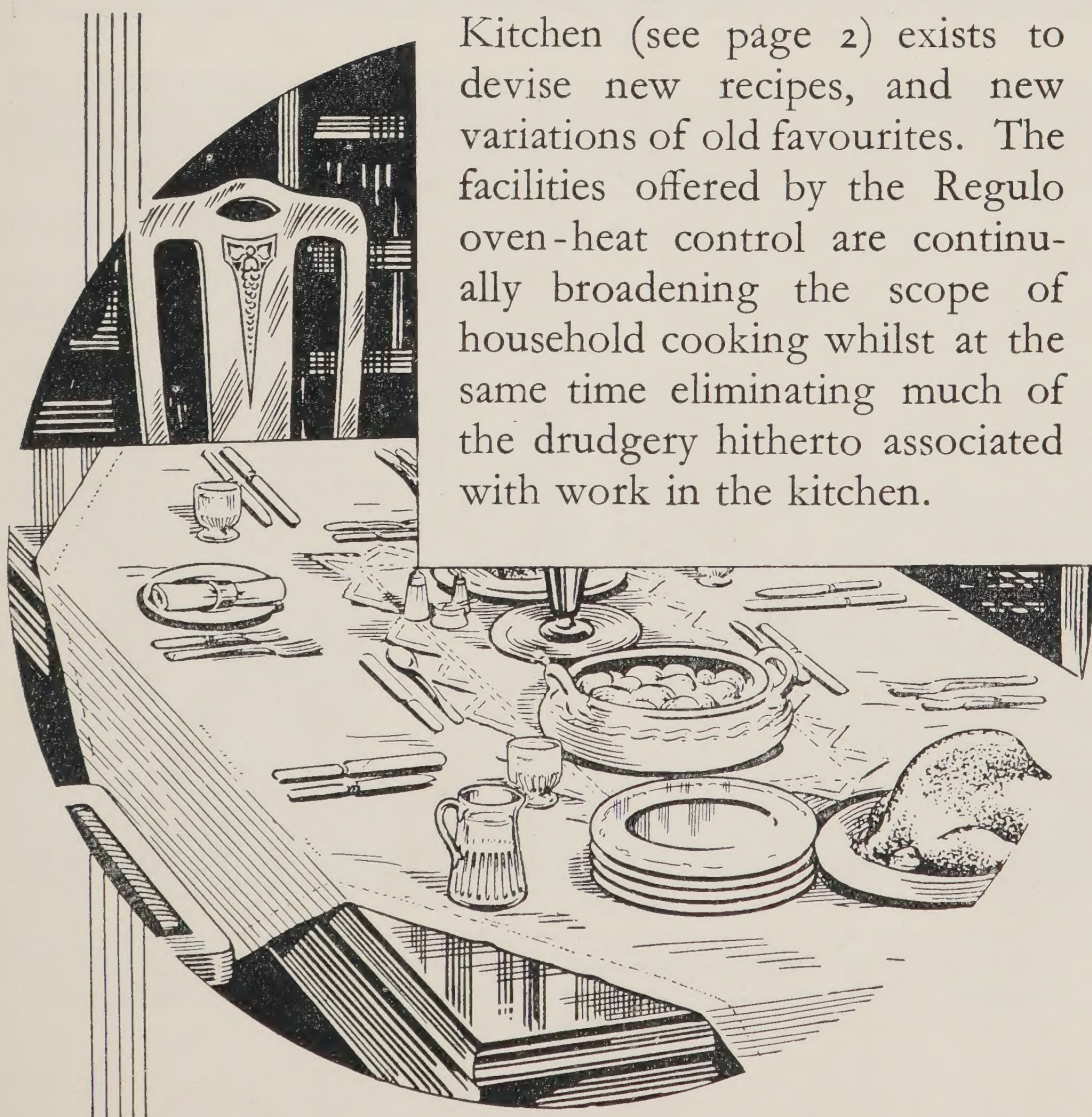
POTATO RECIPES

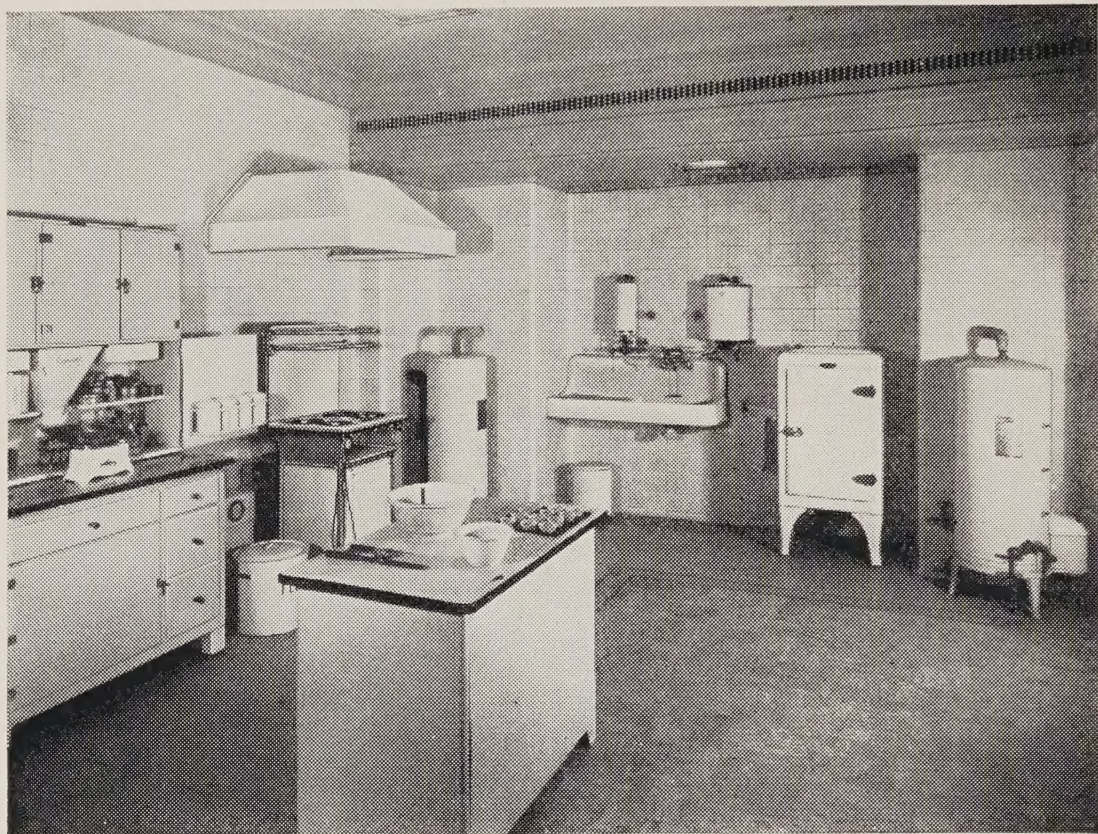
for use with the

REGULO

NOT least among the advantages of purchasing a "New World" Regulo-controlled Gas Cooker is the pleasing knowledge of participation in the forward progress of an entirely new cooking technique.

The Radiation Demonstration Kitchen (see page 2) exists to devise new recipes, and new variations of old favourites. The facilities offered by the Regulo oven-heat control are continually broadening the scope of household cooking whilst at the same time eliminating much of the drudgery hitherto associated with work in the kitchen.





Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

POTATO RECIPES FOR USE WITH THE REGULO

POTATOES have been popular as a vegetable in this Country since the latter part of the 18th Century, and at the present day figure as a staple food in the National diet. Their principal value is as a supply of starch, the heat and energy-giving food. At the same time, they are a useful source of Vitamins "B" and "C" and of mineral salts, principally potash. A little protein, or tissue-forming food, is present immediately underneath the skin, although it is usually removed with the peel. The potato thus takes an important place in a balanced normal diet, the cheapness of the vegetable enhancing that importance.

It is not generally realised that potatoes may form the basis of many very attractive dishes, and the recipes in this booklet illustrate some of the great variety of ways in which the tubers may be utilised. They are all tested recipes for dishes cooked in the "New World" oven, ensuring that the desired results are obtained with the minimum amount of trouble.

Users of "New World" Cookers will find the methods of cooking potatoes to serve as a vegetable particularly useful when arranging to leave the whole dinner in the oven to cook unattended.

POTATO RECIPES FOR USE WITH THE REGULO

Potatoes Cooked to serve as a Vegetable accompanying Fish, Entrée or Meat

POTATOES BOILED IN THE OVEN.

Method 1.—Wash and peel the potatoes. Cut large ones into halves or quarters, and place them in an aluminium casserole. Add 1 teaspoonful salt, and cold water to a depth of about $\frac{1}{2}$ -inch. Cover with the lid and cook in the upper part of the oven for 40 minutes with the “Regulo” at Mark 6, or for a longer period if placed on a shelf under the joint with the “Regulo” at Mark 7. Remove the lid, drain off the water, and replace the potatoes in the oven for a further 5 minutes to dry.

Method 2.—Scrub the potatoes. Remove the eyes and make an incision in the skin round each potato. Place the potatoes in a casserole, add salt and water as for Method 1 and cook in the upper part of the oven for 1 hour with the “Regulo” at Mark 7. Remove the lid and finish as for Method 1. The potatoes may be held in a clean cloth and the peel removed with a knife before serving.

Method 3.—Either wash and peel the potatoes, or scrub them and make an incision in the skin round each potato. Place them in an aluminium casserole and add 1 teaspoonful salt. Cover with cold water. Place the lid on the casserole, and bring the water to the boil over a hotplate burner. Place the casserole in the oven and cook in the upper part of the oven for 30 minutes with the “Regulo” at Mark 7, or allow a longer time if the potatoes are placed on a lower shelf beneath a joint or other dishes. Finish as for Method 1.

Method 4. Specially suitable for New Potatoes—Wash and scrape or peel the potatoes. Place them in a plain paper bag. Add some salt and place the bag in a casserole. Pour some hot or cold water into the casserole, nearly covering the bag. Place the lid on the casserole, and cook in the oven for about 1 hour beneath a joint with the “Regulo” at Mark 7. If the water is hot the time can be reduced to about 45 minutes. When cooked, pour off the water, remove the paper and replace the casserole in the oven for 5 minutes with the lid off to dry the potatoes. Add a piece of butter to the potatoes when dished.

NEW WORLD REGULO-CONTROLLED GAS OVEN

NOTE—The time will require slight variation according to the size and kind of potato. Choose potatoes of an even size to cook together. Add a sprig of mint to new potatoes.

Potatoes boiled in their skins remain floury if served in a wooden bowl in preference to a china dish. If the former is not available, fold a table napkin and place it at the bottom of the china dish.

POTATOES BAKED IN THE OVEN. Regulo Setting Mark 7 Times as stated.

Method 1.—Wash and scrub the potatoes. Dry them with a rough cloth. Rub over the skin with greased paper. Place the potatoes on a grid shelf in the oven and cook with the “Regulo” at Mark 7 for about 1 hour, according to the size of the potatoes.

Method 2.—Place 1 to 2 ozs. of dripping in a meat-tin and warm in the oven whilst the oven is heating up. Place the peeled potatoes in the tin and baste them well, then cook with the “Regulo” at Mark 7 for about 1 hour, according to the size of the potatoes. A joint may be placed in the tin with the potatoes, in which case the time required to brown the potatoes will be longer.

POTATOES COOKED IN BUTTER. Regulo Setting Mark 7 Time 50 minutes.

Ingredients—

1 lb. new potatoes.	Pepper.
2 ozs. butter or margarine.	Mint.
Salt.	

Method—Wash and scrape the potatoes. Heat the butter in a casserole. Add the potatoes, shake in the hot butter and cook for a few minutes over a hotplate burner. Add the salt and pepper and a sprig of mint. Cover first with greased paper, then with the lid. Cook in the middle part of the oven for 50 minutes beneath a joint or pie, etc., with the “Regulo” at Mark 7.

CREAMED POTATOES.

Ingredients—

1½ lbs. potatoes.	Pepper and salt.
½ pt. milk or milk and water.	

Method—Wash, peel and cut the potatoes into slices about ¼-inch thick. Place them in a casserole or pan with the milk and seasoning.

POTATO RECIPES FOR USE WITH THE REGULO

Bring to the boiling point, cover with a lid and cook in the oven. The time may be considerably varied according to the "Regulo" setting and position of the potatoes in the oven and thickness of the slices of potato.

They will cook in 1 hour on the bottom-plate with the "Regulo" at Mark 7, and a roast and other dishes cooking in the middle and upper part of the oven. When cooked, drain some of the milk off the potatoes and use it for soup or sauce. Beat the potatoes with a wooden spoon or fork and serve.

SCALLOPED POTATOES.

Ingredients—

1 lb. potatoes.	$\frac{1}{2}$ pint milk.
1 tablespoonful flour or cornflour.	1 oz. butter or margarine.
Pepper, salt.	Browned breadcrumbs.

Peel the potatoes and cut into $\frac{1}{4}$ -inch slices. Arrange in layers in a pie-dish, with a little flour, pepper and salt between each layer. Pour in the milk and sprinkle the potatoes with a few browned crumbs. Place the butter, broken into small pieces, on the top.

Bake for 1 hour on the lowest runner in the oven with the "Regulo" at Mark 7 when other dishes are cooking in the upper and middle part of the oven, or for a longer time in the same position with a lower "Regulo" mark.

To Reheat Cold Potatoes

BROWNED POTATOES (1).

Regulo Setting Mark 7
Time 20 minutes.

Ingredients—

Cold potatoes.	Butter or margarine.
Salt and pepper.	

Method—Pass the potatoes through a masher. Sprinkle with salt and pepper and turn into a well-greased pie-dish. Place small pieces of butter on the top of the potatoes and bake in the oven for 20 minutes with the "Regulo" at Mark 7.

NEW WORLD REGULO-CONTROLLED GAS OVEN

BROWNED POTATOES (2).

Regulo Setting and
Time as stated

Ingredients—

Cold potatoes.

Dripping.

Method—Make some dripping hot in a meat-tin. Place the potatoes, either whole or sliced, in the hot fat. Bake in the oven for 1 hour with the “Regulo” at Mark 7, if the potatoes are whole, or 15 minutes at Mark 9 if the potatoes are sliced. When cooked the potatoes should be a good brown colour.

BROWNED POTATOES (3).

Ingredients—

$\frac{3}{4}$ lb. cold mashed potatoes.

Half a beaten egg.

Salt. Pepper.

1 oz. dripping or lard.

Method—Beat together the potatoes, seasoning and beaten egg. Turn on to a board or plate. Divide into seven portions and roll each into the shape of a potato. Heat the fat in a small meat-tin in the oven whilst the oven is heating up. Place the potatoes in this and roll them over carefully in the fat. Cook in the oven for 30 minutes with the “Regulo” at Mark 7. Serve butter or Maitre d’Hôtel butter with the potatoes.

Meat or Savoury Dishes made with Potatoes

In several of these dishes, previously cooked potatoes are used.

BACON AND EGG PIE.

Ingredients—

For the Pastry.

6 ozs. flour.

1 $\frac{1}{2}$ ozs. margarine.

$\frac{1}{2}$ teaspoonful Baking Powder.

$\frac{1}{4}$ lb. potato, cooked
and sieved.

Salt.

For the Filling.

4 ozs. streaky rashers of bacon

$\frac{3}{8}$ pint milk.

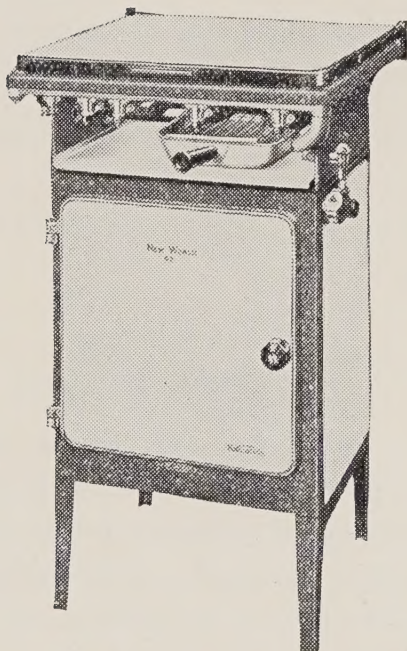
2 eggs.

Salt and pepper.

(Continued on page 9.)

NEW WORLD GAS COOKERS

Nos. 45 and 48



NEW WORLD No. 45
with cover plate closed

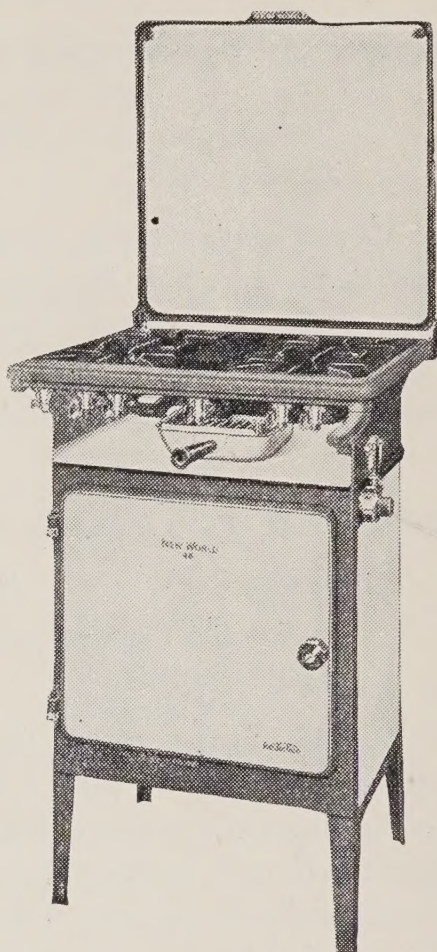
These all-enamelled gas cookers are the latest in cooker construction. Note the hinged cover-plate which can be lowered to cover the hotplate when the hotplate is not in use.

All hotplate burners are self-lighting, fitted with the Radiation patent non-lighting-back device. The high speed grill reaches toasting heat 60 seconds after lighting.

The beautiful "Radar" Mottled Enamel finish can be cleaned in a moment by simply rubbing over with a damp cloth.

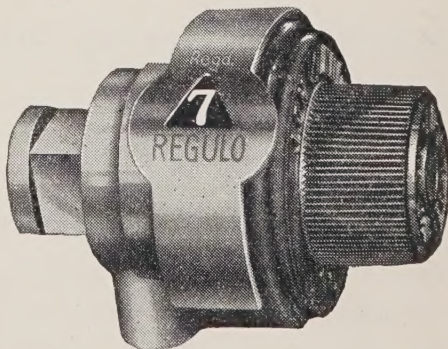
The "Regulo" cooking numbers appear in the triangular opening as the knob is rotated.

The three sides of the triangle are a reminder of the features that have made the "New World" the most perfect cooking oven obtainable, i.e., single oven burner, direct bottom-flue-outlet, and the "Regulo" automatic heat control. These three features together are distinctive of the "New World" Cooker with which the highest standard of cooking is attainable.



NEW WORLD No. 48
with cover plate raised

- Superspeed boiling burners and grill.
- Self-lighting hotplate burners with patent non-lighting-back feature.
- Single oven burner at back, but lighted at front.
- "Regulo" oven-heat control.
- Bottom-flue-outlet.



The word "Regulo" is the registered trade mark of Radiation Ltd.

NEW WORLD REGULO CONTROLLED GAS OVEN

Method. To make the pastry—Pass the flour, baking powder and salt through a sieve. Rub the fat lightly into the flour, add the potato and finish rubbing in the fat. Mix with cold water to form a short paste. Roll out the paste and line the sandwich-tin with a little more than half of it.

To prepare the filling.—Cut the rashers of bacon in half and roll up each piece. Place the rolls in the lined tin. Beat the eggs, add the milk and seasoning and beat together. Pour over the bacon.

Roll out the remaining pastry to a round and use to cover the pie. Trim off the pastry round the edge and press the edges well together. Brush over the pastry with egg and use the pastry trimmings to make decorations of leaves. Arrange these on the pie and brush them with egg. Cook in the oven on the hot baking tray for 45 minutes with the “Regulo” at Mark 6. Serve hot or cold.

BACON AND POTATOES.

Regulo Setting Mark 9
Time 17 minutes

Ingredients—

Cold boiled potatoes.

Rashers of bacon.

Method—Slice the potatoes and place them in a greased Yorkshire pudding-tin. Cover with the rashers of bacon. Cook in the oven for 17 minutes with the “Regulo” at Mark 9.

CHEESE AND POTATO PIE.

Regulo Setting Mark 7
Time 20 minutes.

Ingredients—

1½ lbs. cooked potatoes.

1 pint milk.

2 hard-boiled eggs.

4 ozs. grated cheese.

1 oz. butter or margarine.

Pepper, salt.

1 oz. flour or ½ oz. cornflour.

Browned breadcrumbs.

Method—Cut the potatoes into fairly thick slices, put into a greased pie-dish with the sliced hard-boiled eggs. Melt the butter in a saucepan, stir in the flour, add the milk, and stir until boiling. Cook for a few minutes, add 3 ozs. of the grated cheese, and seasoning, and pour over the potatoes, etc. Put the remaining cheese on top and sprinkle with a few browned crumbs. Bake for 20 minutes with the “Regulo” at Mark 7.

POTATO RECIPES FOR USE WITH THE REGULO

HAM AND POTATO ROLLS.

Regulo Setting Mark 7
Time 15 minutes

Ingredients—

$\frac{3}{4}$ lb. cooked potatoes.	1 teaspoonful mushroom ketchup.
2 ozs. or more chopped ham.	
Salt.	1 egg.
Pepper. Cayenne.	Browned breadcrumbs.
Mustard.	Maitre d'Hôtel butter.

Method—Well mash the potatoes and mix them with the ham. Add the seasoning and flavouring and some of the beaten egg. Taste the mixture and add more seasoning if required. Divide the mixture into eight portions and roll each into a ball or sausage shape. Brush over with the remainder of the egg and dip in the crumbs. Place on a tin and bake for 15 minutes with the “Regulo” at Mark 7, or fry in smoking hot fat. Serve with the Maitre d'Hôtel butter.

EGGS IN POTATO CASE.

Regulo Setting Mark 6
Time 30 minutes

Ingredients—

Cold mashed potato.	Butter or margarine.
Eggs.	

Method—Place sufficient cold mashed potato in a fireproof dish to form a mound. Make some hollows in the mound and break an egg into each hollow. Place small pieces of butter on each egg and bake with the “Regulo” at Mark 6 for about 30 minutes, or until the eggs are set. The time will vary according to the amount of potato used.

LANCASHIRE HOT POT.

Regulo Setting Mark 5
Time 2 hours

Ingredients—

2 lbs. potatoes.	1 large onion.
$1\frac{1}{2}$ lbs. scrag of mutton.	Pepper and salt.
2 sheep's kidneys (optional).	$\frac{1}{2}$ pint water (about).

Method—Grease an earthenware casserole or hot-pot jar and put in a thick layer of sliced potatoes and then the meat, cut into suitably-sized pieces. Cover with the sliced onion and season with pepper and salt. Pour in about $\frac{1}{2}$ pint water. Place on top the remaining potatoes, cut in halves, to cover the meat, etc., completely. Brush over the potatoes with a little melted fat. Bake for 2 hours with the “Regulo” at Mark 5.

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MEAT AND POTATO PIE.

Regulo Setting Mark 4
Time 2 hours

Ingredients—

$\frac{3}{4}$ lb. rough puff pastry.

1 $\frac{1}{2}$ lbs. potatoes.

1 lb. steak.

Pepper, salt.

1 small onion.

A little water.

Method—Peel the potatoes and cut up into rough pieces; cut up the meat and onions, season with pepper and salt; mix all together, heap in a pie-dish, and pour in a little water. Line the edges of the dish, cover and decorate with the pastry. Bake for 2 hours with the “Regulo” at Mark 4.

An Alternative Method—

To cook the Meat.

Regulo Setting Mark 1
Time 3 hours

Method—Cut up the meat and onions as above and place them in a casserole with the salt, pepper and a little water. Cover with the lid and cook in the oven for 3 hours with the “Regulo” at Mark 1.

To make the Pie.

Regulo Setting Mark 8
Time 30 minutes

Method—Peel and boil the potatoes until almost tender. Drain off the water and cut up the potatoes. Arrange the meat and potatoes in a pie-dish with some of the gravy from the meat. Cover with the pastry and bake for 30 minutes with the “Regulo” at Mark 8. Re-heat the remainder of the gravy and pour through a funnel into the pie.

MUTTON CHOPS AND POTATO CHIPS.

Regulo Setting Mark 8
Time 30 minutes

Ingredients—

2 ozs. dripping.

Salt.

3 or 4 medium size potatoes.

Pepper.

Flour.

4 small chops or cutlets.

Method—Heat the dripping in a small meat-tin whilst the oven is heating up. Wash, peel and slice the potatoes thinly. Dry them in a cloth, then toss them in flour mixed with a little salt and pepper. Place the chops and potatoes in the hot fat and thoroughly smother them with the fat. Arrange the potatoes over the chops and bake them for 30 minutes with the “Regulo” at Mark 8.

POTATO RECIPES FOR USE WITH THE REGULO

POTATO CASSEROLE.

Regulo Setting Mark 7
Time 30 minutes

Ingredients—

Browned breadcrumbs.	1 oz. margarine.
2 lbs. mashed potatoes.	Salt and pepper.
1 egg.	Filling.

Method—Grease a large cake-tin* and coat with browned crumbs. Beat the mashed potatoes, egg, margarine, salt and pepper together, warming if necessary to mix. Turn into the cake-tin and mould to the bottom and around the sides of the tin to give a thick coating. Bake in the oven for 30 minutes with the “Regulo” at Mark 7.

Turn the casserole out on to a plate and then quickly over again on to a dish. Fill the casserole with hot mince, curry or fish or hard-boiled eggs mixed with white sauce and decorate prettily with tomato and parsley.

*NOTE—A cake-tin with a loose bottom may be used, in which case, to turn out the casserole place the tin on a jar, loosen and slide the side of the tin downwards, then lift up the casserole on the bottom of the tin and carefully slip it off on to a plate.

POTATO AND CHEESE BALLS.

Regulo Setting Mark 7
Time 15 minutes

Ingredients—

Cold creamed potatoes.	Butter or margarine.
Grated cheese.	Egg and breadcrumbs.
Salt and pepper.	

Method—Warm the potatoes in a saucepan. Add the grated cheese, salt and pepper, and mix well. If too dry to shape, stir in a little melted butter or beaten egg. Turn on to a floured board and shape into balls. Brush over with egg and dip in crumbs. Fry in hot fat or place on a baking-tray and bake in the oven for 15 minutes with the “Regulo” at Mark 7.

POTATO AND CHEESE SCALLOPS.

Ingredients—

1 pint of well-seasoned white sauce, coating consistency.	Cooked potatoes.
	Grated cheese.

Method—Grease some scallop shells and put 1 tablespoonful of sauce at the bottom of each shell. Fill up the shell with cooked sliced potatoes. Cover the potatoes with sauce. Sprinkle grated cheese

NEW WORLD REGULO-CONTROLLED GAS OVEN

over the sauce and stand the shells on a baking-tin. Place in the oven to thoroughly heat for 10 minutes with the "Regulo" at Mark 7.

Cooked butter beans or fish can be scalloped in the same way. A little mashed potato should be placed over the sauce round the edge of the scallop shell when fish is used.

VEGETARIAN SHEPHERD'S PIE. Regulo Setting Mark 7
Time 1 hour

Ingredients—

- | | |
|---|-------------------------------|
| $\frac{1}{2}$ lb. lentils. | 1 pint lentil water or stock. |
| 1-2 ozs. butter or margarine. | Salt, Pepper. |
| 1 or 2 onions. | Pinch of herbs. |
| 2 ozs. flour or $1\frac{1}{2}$ ozs. cornflour | Flavouring. |
| | Mashed potatoes. |

Method—Soak the lentils for 12 hours. Place in boiling water and cook until tender. Heat the butter in a frying-pan and fry the onions, peeled and cut into slices, until brown. Remove them from the pan. Add the flour and fry a few minutes, gradually add the water in which the lentils have been cooked, stir and bring to the boil, add salt and pepper, herbs and flavouring. Turn the lentils and fried onions into a pie-dish or meat-tin. Moisten with as much sauce as required. Cover with plenty of well-mashed potato and bake in the oven for 1 hour with the "Regulo" at Mark 7. The remainder of the sauce may be thinned with more vegetable stock and served with the pie.

Beans or peas may be used in the place of the lentils.

POTATO AND TOMATO CASSEROLE. Regulo Setting Mark 4
Time 1 hour

Ingredients—

- | | |
|----------------------------|------------------|
| 1 oz. butter or margarine. | 1 lb. tomatoes. |
| 1 lb. potatoes. | Pepper and salt. |

Method—Melt the butter in a small pan or casserole, add the potatoes cut into $\frac{1}{4}$ -inch slices. Toss the potatoes in the fat for a few minutes over a low gas, then add the skinned whole tomatoes and seasoning. Cover the pan and place in oven. Bake for 1 hour with the "Regulo" at Mark 4.

SMOTHERED EGGS. Regulo Setting Mark 7
Time 18 minutes

Ingredients—

- | | |
|------------------------------------|---------------------------|
| Allow—3 ozs. cold mashed potatoes. | } To each
ramekin cup. |
| A small piece of butter. | |
| Seasoning. | |
| 1 egg. | |

POTATO RECIPES FOR USE WITH THE REGULO

Method—Grease as many ramekin cups as required. Beat the potatoes with the melted butter, and seasoning to form a smooth paste. Place about three-quarters of the paste in the ramekins and mould the potato round the bottom and sides to form a lining. Break an egg into each. Turn the remainder of the potato on to a pastry board and divide it into as many portions as there are ramekins. Shape each into a round the size of the top of the ramekin and place them lightly over the eggs. Bake for 18 minutes with the “Regulo” at Mark 7.

Alternatively, substitute for the eggs, minced meat moistened with gravy and well flavoured, or cooked fish or vegetables mixed with seasoned and flavoured white sauce.

SURPRISE POTATOES (1).

Regulo Setting Mark 7
Time 1 hour

Ingredients—

6 potatoes.

$\frac{1}{4}$ lb. cooked sausages.

Method—Wash and roast the potatoes, in their skins, for 1 hour with the “Regulo” at Mark 7, placing them on a grid shelf. After roasting, cut the end off each potato, scoop out the centre, fill with cooked sausage, replace the end and serve.

SURPRISE POTATOES (2).

Regulo Setting Mark 7
Time 1 hour

Ingredients—

6 potatoes.

3 ozs. butter or margarine.

Salt and pepper.

3 to 4 ozs. of cold
cooked minced ham,
chicken, beef or
mutton or grated
cheese or cooked
lentils.

Method—Wash and roast the potatoes in their skins for 1 hour with the “Regulo” at Mark 7, placing them on a grid shelf. Cut a square out of the centre of each potato. Scoop out the potato and mash the part removed with the other ingredients. Pack into the potato again, piling the mixture up. Re-heat in the oven for 10 minutes and serve.

SURPRISE POTATOES (3).

Choose large potatoes and bake as above. Scoop out some of the potato. Break an egg into the opening. Mash the scooped-out potato with a little butter, salt and pepper. Pile up round the opening, just allowing the egg to show. Bake in the oven with the "Regulo" at Mark 7 for 12 minutes or longer if the potatoes are cold.

Recipes in which Potato is used in place of Flour

When using cooked mashed potatoes, it will be found that 4 lbs. of raw potatoes (unpeeled) weigh 3 lb. 4 ozs. after cooking.

The cooked potato should be passed through a potato masher or sieved before being used in these recipes.

When using raw potatoes, first scrub well, remove the eyes and then grate on a lemon grater. The water that comes from the potatoes should be used with the grated potato.

WHITE POTATO SCONES.**Regulo Setting Mark 7
Time 15 minutes***Ingredients—*

10 ozs. flour.	3 ozs. butter or margarine.
1 teaspoonful cream of tartar.	6 ozs. potato (mashed).
$\frac{1}{2}$ teaspoonful bicarbonate of soda.	Milk.
Salt.	

To make 24 scones.

Method—Pass the flour, cream of tartar, soda and salt together through a sieve. Rub the butter into the flour, etc., then mix with the potato. Add the milk and make into a light dough. Roll out on a floured board and cut into scones. Place on baking trays and cook in the oven for 15 minutes with the "Regulo" at Mark 7.

BROWN POTATO SCONES.**Regulo Setting Mark 7
Time 15 minutes***Ingredients—*

$\frac{1}{2}$ lb. flour.	3 ozs. butter or margarine.
1 teaspoonful cream of tartar.	$\frac{1}{2}$ lb. raw potatoes (grated).
$\frac{1}{2}$ teaspoonful bicarbonate of soda.	Milk.
Salt.	

Method—Make as for White Potato Scones.

POTATO RECIPES FOR USE WITH THE REGULO

WHITE POTATO BREAD.

Regulo Setting Mark 7
Time 1 hour

Ingredients—

2½ lbs. flour.	¾ oz. yeast.
1 lb. potato (cooked and sieved).	1 teaspoonful sugar.
1 tablespoonful salt.	1 pint or more water (warm).

Method—Warm the flour. Add the potato and salt and mix together. Cream the yeast and sugar, add half the warm water and pour the mixture into the middle of the flour, etc. Cover with a sprinkling of flour and leave in a warm place for 20 minutes. Mix to a dough with as much of the remainder of the water as required. Knead well. Cover with a cloth, then leave to rise for about 2 hours in a warm place. Re-knead lightly and divide into two loaves. Knead and place each loaf in a 2-lb. bread-tin. Leave in a warm place for about 45 minutes to rise to the top of the tin, then bake for 1 hour with the “Regulo” at Mark 7. The loaves should be turned round after 30 minutes baking.

BROWN POTATO BREAD.

Regulo Setting Mark 7
Time 1 hour

Ingredients—

2 lb. 6 ozs. flour.	1 teaspoonful sugar.
10 ozs. raw potato.	½ pint water (warm).
1 oz. yeast.	3 teaspoonfuls salt.

Method—Warm the flour. Prepare the potatoes (*see page 15*). Cream the yeast and sugar, add some of the water, and leave in a warm place for 20 minutes. Mix the flour and salt, and gradually work in the potato and the yeast with more water as required to make a dough. Knead well and leave the dough to rise for about 2 hours. Re-knead and divide into two loaves. Knead and place each loaf in a 2-lb. bread tin. Leave in a warm place for about 45 minutes to rise to the top of the tins. Bake for 1 hour with the “Regulo” at Mark 7. The loaves should be turned round after 30 minutes baking.

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